

Annapolis Senior Center

1027 Bay Ridge Ave
Annapolis, MD 21403
(Eastport Shopping Center)

December 2002

Phone: 410-222-1818 Fax: 410-222-1216
Monday – Friday 8:30 a.m. to 4:00 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING



From The Director, Ed Casey



A happy holiday season all! We have a **lot** happening this month, and a **lot** of news to share with you, so please read the newsletter **carefully!** I also encourage you to check the bulletin board for various announcements and flyers!

REGISTRATION FOR WINTER CLASSES BEGINS DECEMBER 2ND. We continue to add new classes; **NEW** this cycle are: **Current Events**, **“Elderhood: This is Your Life”**, **Painted Pencil Techniques**, **Yoga and ‘Flex and Stretch’ with Weights!** Please consult our class listing for days and times (additional information on Painted Pencil and Elderhood classes are available at the front desk).

HOLIDAY BAZAAR & HOLIDAY LUNCHEON – Let’s have fun. Details are on **Page 7!**

MEMBERSHIP is **required** to participate in activities/services we offer. If you have not renewed this year (Gold Card), please do so soon. **There is no fee for membership.**

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Web Site: www.aa-aging.org

We welcome Mr. Reuben Bowman, our new custodian!

Daily Schedule – December 2002

Monday, December 2

8:30 Aerobics
10:00 Music Appreciation
10:00 Ceramics
10:00 Cards & Games
12:00 Lunch
12:45 Ceramics
1:30 Opera Appreciation

Tuesday, December 3

8:30 Aerobics
9:00 Woodcarving
9:15 Weight Training
10:00 Cards & Games
10:15 Needlecrafts
12:00 Lunch
12:30 Applique
1:00 Adaptive P. E. w/Jane
1:00 Knitting
2:30 History: Ordinary
Life in English Renaissance

Wednesday, December 4

8:30 Aerobics
9:30-12:00 Blood Pressure
& Glucose Monitoring
10:00 Keep Your Mind Alert
**10:30 Tree Trimming &
Holiday Decorating**
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Adaptive P.E. w/Anne
1:00 Beg./Int. Spanish
1:00 Cards & Games



Thursday, December 5

8:30 Aerobics
9:15 Weight Training
9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
12:45 Beginning French
1:00 Memory Hour
1:00 Duplicate Bridge
3:00 'Touchstones' Discussion

Friday, December 6

Holiday Bazaar



9:00 – 2:00

***All regular Friday activities
are cancelled.***

Welcome Brooklyn Park Senior Center!

Saturday, December 7

Holiday Bazaar

10:00 – 1:00

Monday, December 9

8:30 Aerobics
10:00 SHOPPING: Walmart
SIGN UP REQUIRED by 12/2.
10:00 Music Appreciation
10:00 Ceramics
10:00 Cards & Games
12:00 Lunch
12:45 Ceramics

Tuesday, December 10

8:30 Aerobics
9:00 Woodcarving
9:15 Weight Training
10:00 Cards & Games
10:15 Needlecrafts
12:00 Lunch
12:30 Applique
1:00 Adaptive P. E. w/Jane
1:00 Knitting
2:30 History: Ordinary
Life in English Renaissance

Wednesday, December 11

8:30 Aerobics
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge

Thursday, December 12

8:30 Aerobics
9:15 Weight Training
9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
12:45 Beginning French
1:00 Duplicate Bridge
3:00 'Touchstones' Discussion

Friday, December 13

Holiday Luncheon 11:00 – 3:00

See Page 7 for details!

8:30 Aerobics
1:00 Watercolor

***All other regular Friday
activities are cancelled!***

Monday, December 16

8:30 Aerobics
10:00 Music Appreciation
10:00 Ceramics
10:00 Cards & Games
12:00 Lunch
12:30 Birthday Celebration
12:45 Ceramics
1:30 Opera Appreciation

Tuesday, December 17

8:30 Aerobics
9:15 Weight Training
10:00 SHOPPING: 'Dollar Express'....SIGN UP by 12/10. Lunch at Old Country Buffet.
10:00 Cards & Games
10:30 Sewing
12:00 Lunch
1:00 Medicare Update & Prescription Drug Plan
See Page 4 for details!
1:00 Knitting

Wednesday, December 18

8:30 Aerobics
10:00 Keep Your Mind Alert
12:00 Lunch
12:45 Open Bridge
1:00 Cards & Games
1:30 Opera Appreciation
(make up class)

Thursday, December 19

9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
12:45 Beginning French
(make up class)
12:45 Advisory Council Mtg.
1:00 Cards & Games
1:00 Duplicate Bridge
1:30 Pascal Go Getters
Details on Page 4!
3:00 'Touchstones' Discussion

Friday, December 20

8:30 Aerobics
9:30 Hearing Screening
Details on Page 4!
10:00 Walking Club....
Annapolis Mall
SIGN UP REQUIRED by 12/13.
10:00 Craft Clinic w/Thea
12:00 Lunch
1:00 Cards & Games
1:00 Watercolor
No Keep Your Mind Alert today!

Monday, December 23

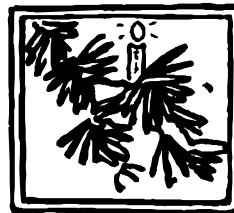
10:00 Puzzle Mania
12:00 Lunch
1:00 Cards & Games

Tuesday, December 24

10:00 Cards & Games
12:00 Lunch

Wednesday, December 25

**CENTER
CLOSED**



Christmas Day

Thursday, December 26

10:15 Bingo
12:00 Lunch
1:00 Cards & Games
1:00 Duplicate Bridge

Friday, December 27

10:00 'Surprise' MOVIE
12:00 Lunch
1:00 Cards & Games
No Long Term Care Presentation in December.....check January newsletter!

Monday, December 30

10:00 Cards & Games
12:00 Lunch
1:00 Bingo

Tuesday, December 31

10:30 New Year Celebration
Details on Page 4!
12:00 Lunch
1:00 Cards & Games

MEMBERSHIP

If you have not renewed your membership for 2003 please do so as soon as possible. The membership year runs from October 1, 2002 through September 30, 2003. There is no fee for Membership, but registration is required to participate in Senior Center activities. Do you have your 'gold' card?



Program Highlights – December 2002

“MONTHLY SEWING CIRCLE”.....The Sewing Class is held on the 3rd Tuesday of every month at 10:30 a.m. Mary Smith is the instructor. Check the daily schedule each month for the date.

“THEA’S CRAFT CLINIC” is scheduled just once this month, on Friday, December 20th. Bring your ailing projects – knitting , crochet, etc., to Dr. Thea; OR if you just want to learn a wool craft, come and join us. There is no charge for this class but senior center membership is required.

Wednesday
December 4
10:30am

TREE TRIMMING AND HOLIDAY DECORATING
Join us for fun and festivities as we trim the tree and decorate for the holidays.



HOLIDAY BAZAAR – Friday and Saturday, December 6th & 7th.....Details on Page 7!

HOLIDAY LUNCHEON at the SHERATON BARCELO – Friday, December 13th...Details on Page 7!

Tuesday
Dec. 17
1:00 pm

MEDICARE UPDATE & PRESCRIPTION DRUG PLAN.....**Presentation**
Representative Ben Cardin will be at the Annapolis Senior Center to present an “Update on Medicare and the Future of a Prescription Drug Plan for Medicare Beneficiaries”. Plan to be here for this informative session, which will also include a briefing on a new Medicare+Choice Plan by Susan Knight, SHIP Program Director. Registration is requested. Please call the Center to sign up.

Thursday
Dec. 19
1:30 pm

MUSICAL ENTERTAINMENT.....**PASCAL GO GETTERS**
The Pascal Go Getters will entertain us with a Holiday Show. Join us for fun and festivities. Sign up at the front desk if you plan on attending. **Please bring a non perishable food item to contribute to our Holiday Sharing with a needy family.**

Friday
Dec. 20
9:30-12:30

HEARING SCREENING.....**Sponsored by BELTONE**
Mr. Doug Albert, an Audioprosthologist with Beltone, will be conducting the screening. In conjunction with the hearing screening, Doug will check the ear canal for wax build-up, clean and adjust hearing aids and give recommendations.
By appointment only. PLEASE SIGN UP AT THE RECEPTION DESK.



Tuesday
Dec. 31
10:30 am

NEW YEAR CELEBRATION
Let’s celebrate the beginning of **2003!** Join us for fun, refreshments, music and a sing-a-long. **Please sign up by Monday, December 23rd if you plan on attending.**

SEASONS GREETINGS

from

Ed

Pat

jo

Robyn

Reuben



ANNAPOLIS SENIOR CENTER			WINTER CLASSES		
Monday		Wednesday		Friday	
Aerobics (M/W/F) 8:30 – 9:30		Aerobics (M/W/F) 8:30 – 9:30		Aerobics (M/W/F) 8:30 – 9:30	
Current Events (new class) 10:00 - 11:30		Computer: Advanced see F.Y.I 9:00–11:00		Computer: Advanced see F.Y.I. 9:00 –2:00	
Ceramics 10:00 - 12:00		Keep Your Mind Alert * (W/F) 10:00 -11:30		(new class) Effective Colored Pencil Technique 9:30 –2:00	
Ceramics 12:45 – 2:15		Crafts 12:30 - 2:30		Keep Your Mind Alert * (W/F) 10:00 -11:30	
Opera Appreciation 1:30 - 3:30		Open Bridge *		Craft Clinic * 10:00-12:00	
Tuesday		Intermediate Spanish 1:00 – 3:00		Art: Watercolor 1:00 - 3:00	
(new class) Flex & Stretch w/Weights 8:45 – 9:45		Adaptive P.E. w/Anne 1:00 – 2:00			
Aerobics (T/Th).....UM 8:30 - 9:15				If you have any questions or concerns about the classes, please see Ed or Jo.	
Woodcarving 9:00 - 1:45		Thursday		F.Y.I.....	
Weight Training (T/Th).....UM 9:15 –10:00		(new class) Flex & Stretch w/Weights 8:45 – 9:45		SC signifies Stanton Center UM signifies United Methodist Church	
Needlecrafts 10:15 –12:15		Aerobics (T/Th) 8:30 - 9:15		The Advanced Computer class begins on Feb. 7th for seven sessions.....Wednesday & Friday	
Elderhood: (new class) This Is Your Life.....UM 10:30-12:30		Weight Training (T/Th) 9:15 - 10:00		Please Note..... The Classes/Activities with an * are not college classes. They are free or may require a small supply fee. Sign up may be required.	
Word Processing–Adv.....SC 10:30–12:30		Painting & Drawing 9:30 –12:00		Registration for the Anne Arundel Comm. College Winter classes begins on December 2nd . Persons 60 & over at the commencement of the class, pay a \$20 registration fee only. For persons 55 to 59 there is an additional \$40 fee, per class.	
Applique 12:30 – 2:30		Duplicate Bridge * 1:00 - 3:30		The Class Schedule is subject to change if enrollment does not reach the required minimum.	
Adaptive P.E. w/Jane 1:00 - 2:00		Beginning French 1:00 - 3:00			
Knitting * 1:00 - 3:00		Yoga.....UM (new class) 1:00 – 3:00			
History of the Elizabethan Theater 2:30 – 4:00		Touchstones Discussion *.....UM 3:00 - 4:00			

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs.

See Ed or Jo to schedule an appointment.

SHIP (Senior Health Insurance Program) - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment.** On the **4th Friday of every month at 2:30 p.m.,** Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies.


Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.



DECEMBER Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :


Jan Ackley, Charles Arcoria, Shirley Atwell, Mary Baer, Ferol Bondaruk,
Judith Branham, Helen Chambers, Betty Charro, James Corder, Julia Corder,
Lorraine Crouch, Thomas Curley, Edith Curry, Virginia Cushing, Betty Davis,
Betty Douglas, Frances Duvall, Juanita Easter, Evelyn Edwards,
Doris Ehrenberg, Marian Evans, Pat Evans, Barry Flieder, Dana Flynn,
Claire George, Audrey Gildea, Ben Goudy, Mildred Hansen, Frances Hester,
Doris Higby, Patricia Hulbert, Gene Ingwersen, Jane Ingwersen, Alice James, Hazel Jocus,
Michael Kelly, Carol Kreiser, Glenn Lahman, Janet Lebow, Carol Long, Rita Markowski,
Margaret Mason, Francis McArdle, Jean Messick, Mel Michaels, Millicent Mileto, Maxine Miller,
Earnest Mutschler, Marlene Norfolk, Dorothy Peters, Helen Pezatori, Sarah Postlewaite, Dorothy
Quigg, Rebecca Redd, Beryl Robbins, Anne Rogers, Rosalie Rowan, Fay Sames, Carol Seaquist,
Beatrice Smith, Linda Somers, Shirley Strobel, Roxie Sullivan, Diane Szego, Ardell Thomas,
James Tibbs, Sr., Ted Turner, Nancy Welsh, Lydia Wietscher, Joan Woodruff and Anthony Zuccaro.

This month the Birthdays will be celebrated on MONDAY, DECEMBER 16 at 12:30 p.m.

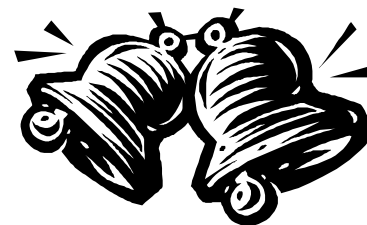
A decorative graphic in the bottom right corner featuring a slice of cake with white frosting and pink filling, and three balloons in red, yellow, and green.

Advisory Council Members visit Annapolis Center!



 There will be no Advisory Council representatives at the Annapolis Senior Center during the month of December. They will be back in January. Check the January newsletter for dates and times.....it is an opportunity for Center members to meet with their Council representatives, address concerns and issues, and make suggestions. And, please remember that Ed and Jo are always available to meet with you.

Holiday Bazaar



Friday, December 5th 9:00 – 2:00

Saturday, December 6th 10:00 – 1:00

Crafts

Baked Goods

AfghanS

Food

Holiday Decorations



Knick Knacks

Santa Claus will be stopping by!

Join us at the Annapolis Center to do your holiday shopping!

Holiday Luncheon
Holiday Luncheon



Friday, December 13, 2002 11:00 a.m. to 3:00 p.m.

We will celebrate the holiday season at the Sheraton Barcelo . The main entrées will be Chicken Marsala and Grilled Salmon. Entertainment by George Simons.



Cost: \$20.00 (Senior Center Membership required)

Deadline for Tickets is December 6th!

Menu selection must be made with purchase of ticket.



Looking into the future.....

Coming in January:

SPEAKER FROM THE SOCIAL SECURITY ADMINISTRATION

COMPTROLLER OF MARYLAND regarding part time jobs.


Check the January Newsletter for information on these presentations!



F.Y.I Another Cell Phone presentation and distribution will be scheduled in the new year. We are taking names of persons who would like to have a free cell phone for 911. Be sure to check upcoming newsletters!

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INCLEMENT WEATHER POLICY



Listen to your radio or television. The Center will be closed if all Anne Arundel County Government Offices are closed. If Anne Arundel County Schools are closed, all activities at the Center are cancelled, including lunch and transportation. If schools open late, the center will also open late. All classes prior to 10:00 a.m. will be cancelled. Classes that begin at 10:00 a.m. or later will be held as scheduled. In event of early school closure all classes starting at 1:00 p.m. or later will be cancelled.

SIGN IN PLEASE!!



You may be a first timer at the Center, or you may be a participant who comes every day. Whatever your level of participation, you are important! We need you to sign in each day you attend the Center, whatever the reason may be. The sign in book is located on the podium near the reception desk. It is important that we get as accurate a count as possible of the usage of our Center, so we ask that each person sign in. Thank you for your support!

WELCOME BACK and THANK YOU


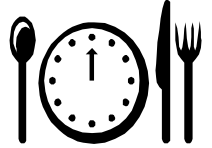
We welcome Officer Joe Hatcher back from reserve duty in Dubai, UAE. We are glad you are home and safe, Joe!

**A BIG thanks to Officer Don Clime for filling in for Joe Hatcher while he was away.
We appreciate your time and efforts, Don!**

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DECEMBER 2002 LUNCH MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mixed Fruit Compote Turkey Ala King Parslied rice Spinach Vienna Bread Gaucho Cookie	3 Orange Juice Chicken Southwest Creamed Corn Peas Whole Wheat roll Purple Plums	4 Tomato Soup Baked Fish Macaroni & Cheese Mar. Cukes/Tom Dinner Roll Fruit Cocktail	5 Tossed Salad Pork Chop/Gravy Stuffing Winter Squash Biscuit Chocolate Cake	6 Sunshine Salad Roast Beef w/Gravy Mashed Potatoes Turnip Greens Italian Bread Sliced Pears
9 Pineapple Juice Chicken Stew Jumbo Biscuit Marble Cake	10 Cranberry Juice Roast Beef/Gravy Mashed Potatoes Steamed Cabbage Dinner Roll Tangerine	11 Tossed Salad Italian Meatloaf Scalloped Potatoes Broccoli Cornbread Fruit Cocktail	12 Caesar Salad Stuffed Chix Breast Mashed Sw. Potatoes Peas & pearl onions Dinner Roll Éclair	13 Dixie Slaw Pepper Steak Rice Buttered Beets White Bread Lemon Pudding
16 Orange Juice Turkey Tetrzzini Green Beans Dinner Roll Sliced Peaches	17 Tossed Salad Mac/Ham & Cheese Stewed Tomatoes Italian Bread Sliced Pears	18 Pineapple Juice BBQ Chicken O'Brien potatoes Winter squash Biscuit Coconut Cake	19 Vegetable Soup Beef Burgundy Mashed Potatoes Health Salad Wheat Roll Lemon Pudding	20 Knockwurst Baked Beans Cole Slaw Hot Dog Roll Baked Apple
23 Blended Juice Chili Steamed Carrots Large Biscuit Tapioca pudding	24 Pineapple juice Seafood Salad Lettuce & Tomato Mar. Green Beans Kaiser Roll Banana Cake	25 <i>merry</i> CHRISTMAS !! Senior Center Closed 	26 Health Salad Veal Parmesan Rotini Scandinavian Veg. Whole Wheat Bread Choc. Chip Cookie	27 Tossed Salad Stuffed Peppers Calif. Blend Vegetables Vienna Bread Lemon Cake
30 Fruit Cocktail Chopped Steak/Gravy Spanish Rice Italian Vegetables Dinner Roll Spice Cake	31 Tossed Salad Ziti w/Meat Sauce Spinach Italian Bread Coconut Cake	<p>Those under 60 must pay the \$3.20 cost of the meal. Those 60+ please contribute as much as you can towards the cost of the meal. At the very least, reservations must be made by 10:00 a.m. the day before you want the meal. Please call (410) 222-1003. Hours: 9:45 am – 1:15 pm.</p> 		

**Ed Casey
Jo Morris
Robyn Prehn
Pat Haydock
James Bias
Robert Howard
Reuben Bowman**

**Center Director
Assistant Center Director
Receptionist
Nutrition Site Manager
Transportation Van Driver
Transportation Van Driver
Custodial Services**

E-Mail Address

annapoliscenter@mail.aacounty.org

Center Phone

410-222-1818

Fax

410-222-1216

Nutrition

410-222-1003

Dept. of Aging

410-222-4464

Transportation

410-222-4826

Meals on Wheels

410-263-5444

Officer Joe Hatcher

410-222-8585 (Police Liaison)

Trips 2003

***** On December 9th at 1:00 pm there will be a trip presentation of the IRELAND & BILTMORE/MONTICELLO trips.**

Reservations for these two trips will be accepted, and our 2003 Trip Brochure will be available.

***** Our "Official" 2003 Trip Kick-off will take place on Thursday, January 9th at 1:00 p.m. At this time, reservations for all trips will be accepted.**



To sign up for trips you must bring:

- Your gold membership card***
- The name & phone number of your emergency contacts***



Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, The Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.